



A MINUTE OF HEALTH WITH CDC

Eat Well

Disparities in State-Specific Adult Fruit and Vegetable Consumption – United States, 2015

Recorded: November 21, 2017; posted: November 23, 2017

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

From a very young age, we're encouraged to eat fruits and vegetables. However, in the US, just 12 percent of adults are eating the recommended amount of fruits and less than one in 10 eat enough vegetables. A healthy diet can reduce the risk for chronic conditions, including heart disease, diabetes, certain cancers, and obesity. Adults should eat at least one and half to two cups of fruits and two to three cups of vegetables every day. Getting enough fruit can be as simple as eating a banana and half an apple. A small salad for lunch and a couple of cups of vegetables at dinner will do it. For more information, please visit ChooseMyPlate.gov.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.